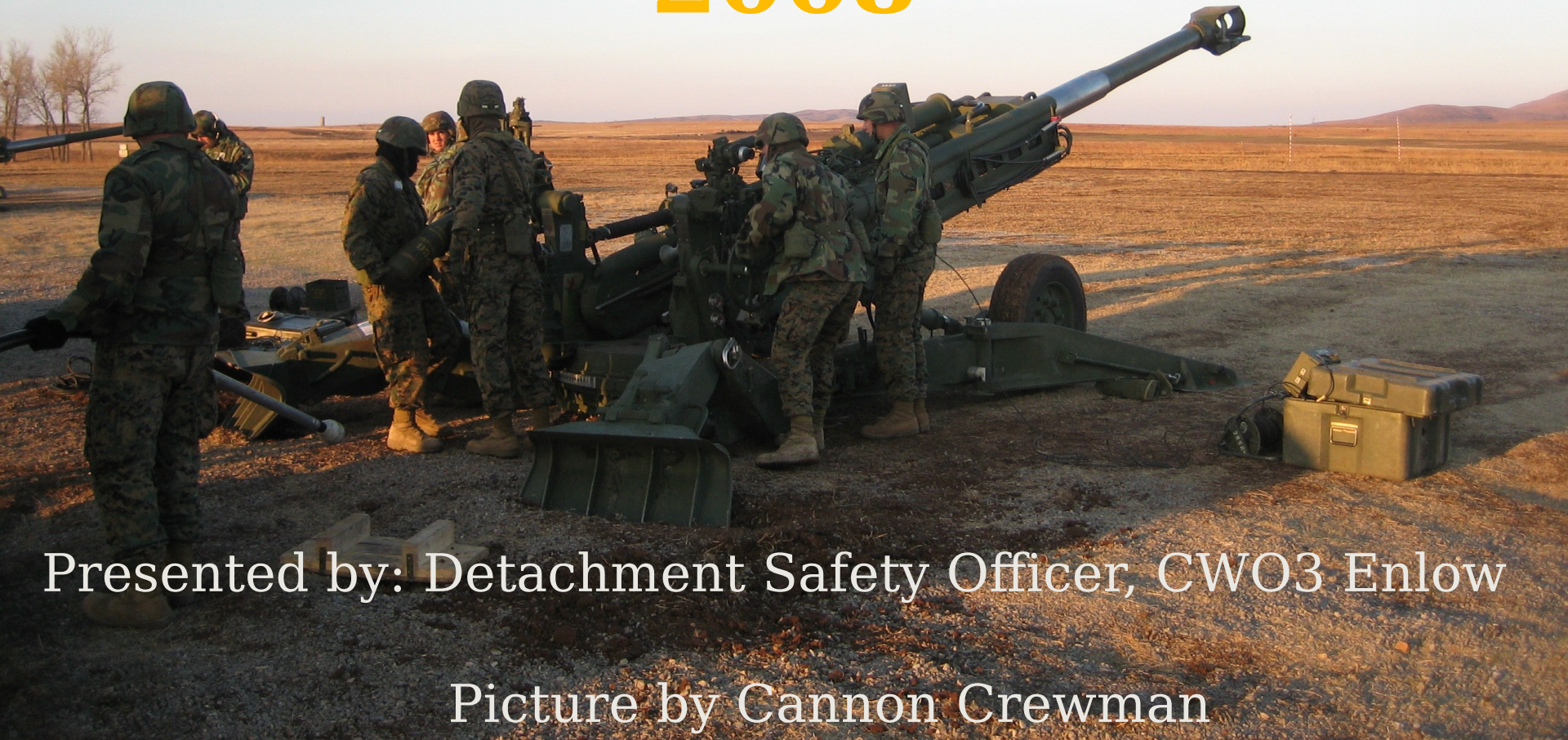
Marine Detachment Fort Sill

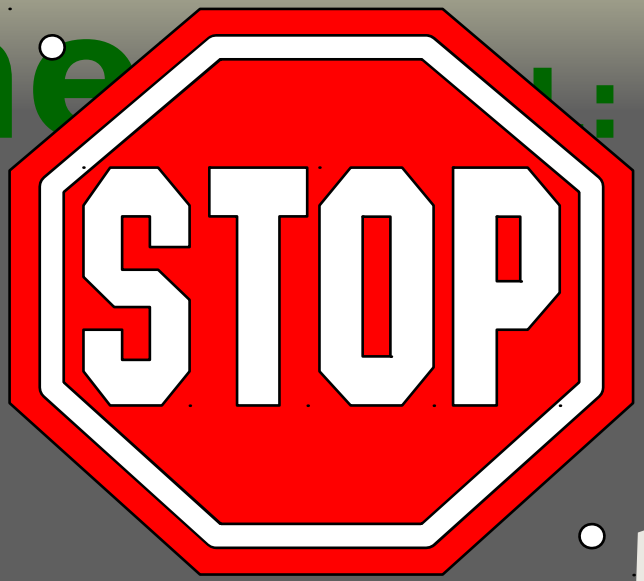
SUMMER SAFETY 2008



Presented by: Detachment Safety Officer, CWO3 Enlow

Picture by Cannon Crewman

101-Days of Summer:



Unsafe Acts

ORM

DO [illegible] SARY RISKS!

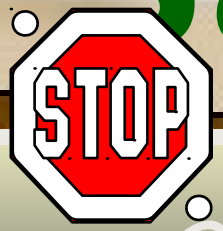
Operational Risk Management Process "Reminder"

1. Identify Hazards
2. Assess Hazards
3. Make Risk Decisions
4. Implement Controls
5. Supervise

IN ANYTHING AND EVERYTHING YOU DO!

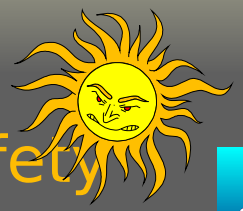
EACH AND EVERY TIME!

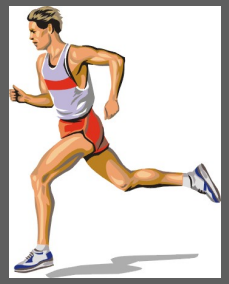
Summer Safety

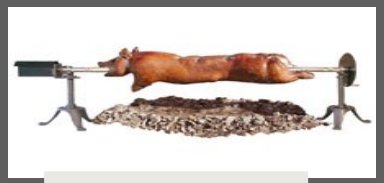


Unsafe Acts

- **PMV Safety**
- **Motorcycle / ATV**
- Heat Injuries
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety
- BBQ Safety
- Lawnmower Safety
- Home Maintenance Safety
- Fall Safety
- Severe Weather
- Wellness
- Suicide Prevention

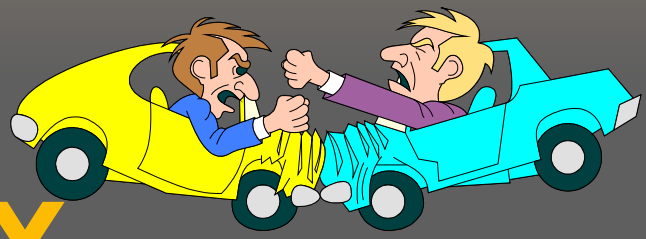






Summer Safety

Unsafe Acts



PMV SAFETY

Factors that influence our risk:

- Age
- Seatbelts
- Alcohol
- Fatigue
- Location
- Speed

PMV accidents are #1 killer of Marines

Summer Safety

Unsafe Acts

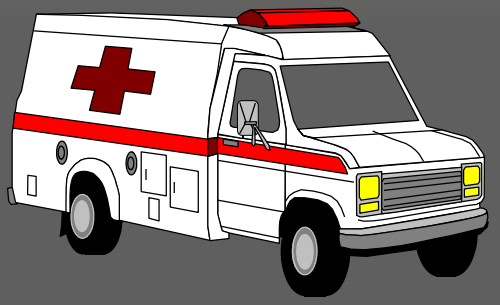
PMV SAFETY

Age

Marines who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for Marines who are 18-24 is nearly 4x greater than any other age group.

Summer Safety

Unsafe Acts



PMV SAFETY

Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

Summer Safety

Unsafe Acts

PMV SAFETY

Alcohol

The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver. About 48%of all traffic fatalities involve an intoxicated or alcohol impaired person.

Summer Safety

Unsafe Acts

PMV SAFETY

Alcohol

Narrative: In Oceanside, CA, a L/Cpl from 3D AABN, 1ST MARDIV, was injured in a single vehicle accident. SNM was attempting to evade California Highway Patrol officers when he struck a cement wall. SNM was under the influence of alcohol, speeding (60-80 mph), and not wearing a seatbelt. SNM currently is in the Scripps Memorial Hospital ICU. SNM suffered a skull fracture, collapsed lung, and multiple fractures throughout the left side of his body. SNM underwent several surgeries on 16 FEB 04. Prognosis is still unknown. NOK were notified. HQMC PAO was also notified.

Summer Safety

Unsafe Acts

PMV SAFETY

Alcohol

Narrative: A 3D LAR BN, 1ST MARDIV, L/Cpl was involved in a single vehicle accident while driving on Park Route 12, 4 miles south of the entrance to Joshua Tree National Park, CA. He was admitted to the Desert Regional Medical Center with minor cuts and bruises and then arrested and charged with alcohol intoxication over the legal limit. A civilian passenger was transported to the Desert Regional Medical Center with a fractured pelvis and internal bleeding in her chest, where she remains in good condition. The L/Cpl is being held at Indio County Jail. An investigation is being conducted by the California Highway Patrol (Riverside County, Indio). PAO was notified.

Summer Safety

Unsafe Acts

PMV SAFETY

Fatigue

Drivers between the ages of 18-24 are at special risk with over 56%of fatal crashes involving fatigue or falling asleep at the wheel.

Summer Safety

Unsafe Acts

PMV SAFETY

Fatigue

Narrative: A MCSFBN L/Cpl was killed in a motor vehicle accident in Richmond, VA. The L/Cpl was driving a privately owned vehicle and traveling South on I-295 near Richmond. At approximately 0430, the L/Cpl's vehicle drifted across the road, hit the guard rail, and was subsequently struck by another vehicle. The L/Cpl was later pronounced dead when state police arrived on the scene. PNOK has been contacted. HQMC Casualty and PAO have been contacted.

Summer Safety

Unsafe Acts

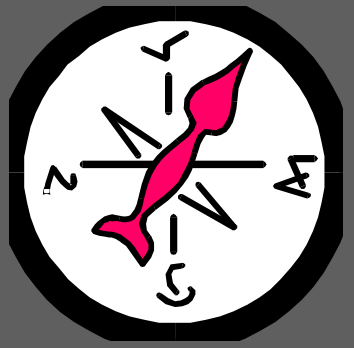
PMV SAFETY

Fatigue

Narrative: In Carlsbad, CA, a Cpl from 1ST CEB, 1ST MARDIV was injured in a single POV accident. SNM was a passenger in a POV traveling north on I-5 when the driver fell asleep and the vehicle left the highway. SNM suffered a cracked vertebrae. SNM is currently admitted to the La Jolla Medical Center in fair condition with a good prognosis. NOK notification complete.

Summer Safety

Unsafe Acts



PMV SAFETY

Location

Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

Summer Safety

Unsafe Acts

PMV SAFETY

Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. Speed Kills!

Summer Safety

Unsafe Acts

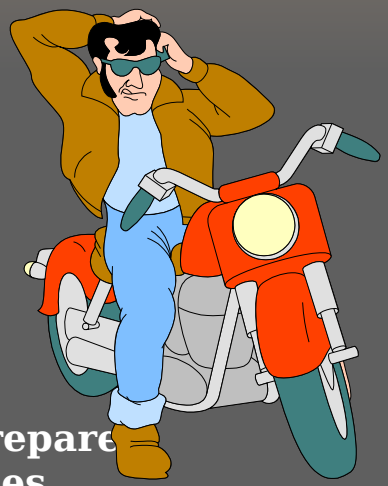
PMV MOTORCYCLE SAFETY

Historically, automobile drivers are at fault in the majority of auto-motorcycle crashes. The driver either does not see the oncoming motorcyclist at all or does not see the motorcyclist in time to avoid a crash. On the other hand, when the motorcyclist is at fault, he or she has typically made a bad choice, such as riding while impaired. We can reduce both types of hazards by helping motorists become more aware of motorcycles on the road, and by ensuring motorcyclists are more aware of the consequences of their own choices.

Summer Safety

Unsafe Acts

PMV (MOTORCYCLE) SAFETY



Professional training for beginning and experienced riders prepare them for real world traffic situations. Motorcycle Rider Courses teach and improve activities such as:

- **Effective turning**
  - **Braking maneuvers**
  - **Protective apparel selection**
  - **Obstacle avoidance**
  - **Traffic strategies**
  - **Responsible attitudes**

Better rider education, licensing, and public awareness mean safer motorcycling.

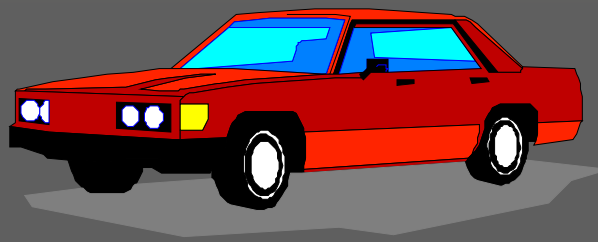
Wheels
[Off-Road Motorcross ATVs]

- Proper training is a must when riding these recreational vehicles. For required training, contact your base safety office.
- The following protective personal equipment is required for off-road motorcycles and all-terrain vehicles (ATVs):
- *A Department of Transportation-approved helmet with fastened chin strap.*
- *Impact or shatter-resistant eyeglasses, goggles, or face shield attached to the helmet.*
- *Brightly colored outer, upper garment during the day and a reflective outer garment during the night. Wear long-sleeved shirt or jacket, long-legged trousers and full-finger leather or equivalent gloves and sturdy footwear.*
- *If off road knee and shin guards or riding boots and padded gloves.*
- *Optional PPE is a chest protector!*
- Do not drink alcohol before or during operation of these vehicles.
- Use a buddy system and stay on designated trails.

Summer Safety

Unsafe Acts

PMV SAFETY

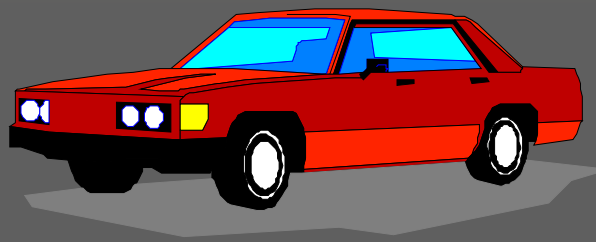


1. Don’t drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don’t drive when you’re tired
6. Take rest breaks

Arrive Alive

Summer Safety

Unsafe Acts



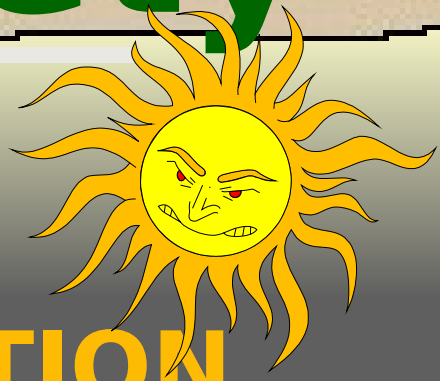
PMV SAFETY

7. Adjust speed for conditions
8. Don’t follow too close
9. Maintain your vehicle
10. Drive defensively
11. Avoid use cellular phone while

Arrive Alive

Summer Safety

Unsafe Acts

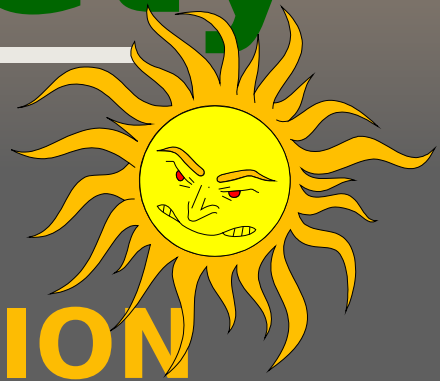


HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety

Unsafe Acts

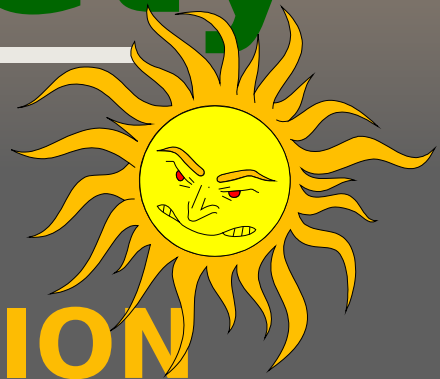


HEAT INJURY PREVENTION

- Drink plenty of water
- Wear appropriate clothing
- Use sunscreen
- Avoid heavy meals at lunch time
- Maintain a well balanced diet

Summer Safety

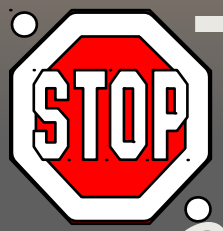
Unsafe Acts



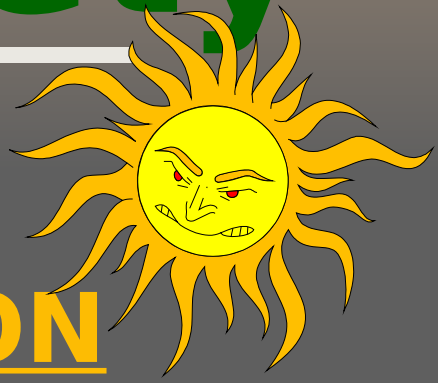
HEAT INJURY PREVENTION

- Use common sense
- Monitor those at risk
- Use the buddy system
- Schedule outdoor activities during the cooler part of the day
- Keep areas well ventilated

Summer Safety



Unsafe Acts

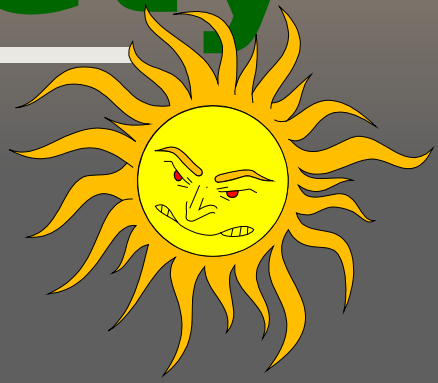


SUNBURN PREVENTION

- **Use sunscreen - reapply frequently**
- **Moderation - avoid extended exposure during peak hours (1000-1600)**
- **Avoid repeated exposure**
- **Seek medical care if severely**

Summer Safety

Unsafe Acts



HEAT RASH

HEAT CRAMPS

HEAT EXHAUSTION

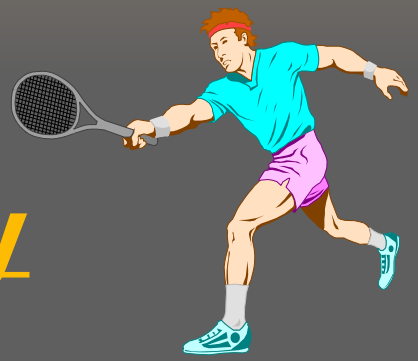
HEAT STROKE

Prevent Heat Injuries

- Heat stroke, heat exhaustion, heat cramps, and heat rash are possible when your become overexerted in the heat. Put your health first so you can enjoy the summer. To prevent fatal injuries, know the signs of heat injuries and the steps to take to minimize risk.
- *Heat Cramps.* Heavy sweating; painful spasms usually in the leg or abdomen muscles. Provide cool water, shade, and monitor.
- *Heat Exhaustion.* Person experiences nausea, dizziness, weakness, headache, pale and moist skin, heavy perspiration, normal or low body temperature, weak pulse, dilated pupils, disorientation, fainting spells. Provide water, shade, elevate feet and seek immediate medical attention.
- *Heat Stoke.* Person experiences headache, dizziness, confusion, rapid/strong pulse, and hot, dry skin, high body temperature of 106 or higher possibly leading to vascular collapse, coma, and death. Move to a cool shaded area, soak victim with water and fan, elevate feet and seek immediate medical attention. This is a medical emergency.

Summer Safety

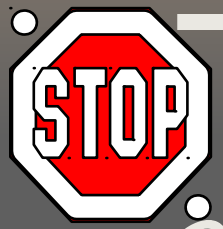
Unsafe Acts



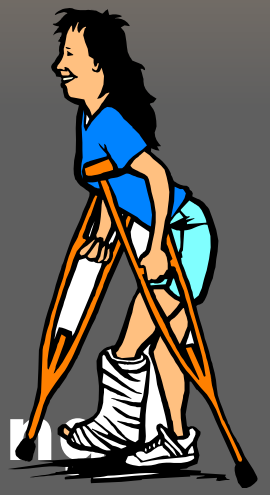
Recreational Safety

- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately

Summer Safety

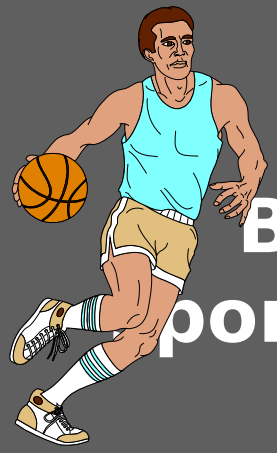


Unsafe Acts



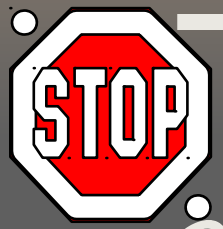
Sport Injuries

More Marine's are injured playing sports than performing daily duties

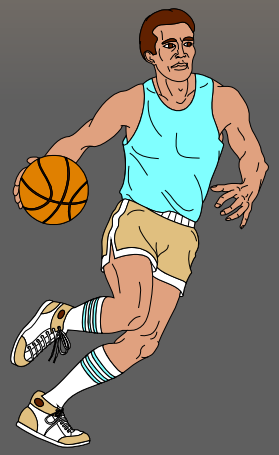


Basketball is the most frequent sports injury producer in the military.

Summer Safety



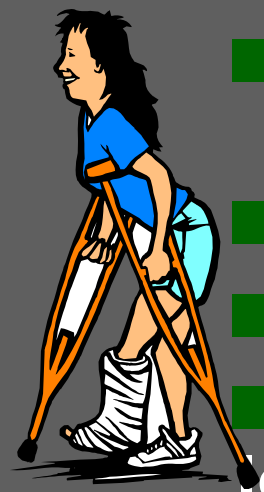
Unsafe Acts



Sport Injuries

Before taking to the court..

- **Warm up**
- **Stay physically fit. Fit Marines are less prone to accidents**
- **Wear appropriate shoes and socks**
- **Wear knee pads to protect knees**
- **Participate only in games at your skill level**
- **Ensure playing surface is safe and goals**



Summer Safety

Unsafe Acts

Sport Injuries

Narrative: SNM was playing touch football when he and another player collided. The PFC suffered a broken rib and punctured lung as a result of landing on another player's knee. SNM was taken to the San Angelo Community Hospital for treatment. SNM condition and prognosis are unknown as are any additional details/circumstances surrounding this incident. HQMC PAO and Casualty have been informed of this matter by the MCOC.

Summer Safety

Unsafe Acts

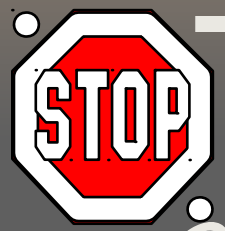
Bicycle Safety

- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

Before you ride…(at a minimum)

- Inspect your bicycle for serviceability
- Always Wear a helmet !
- Inflate tires properly

Summer Safety



Unsafe Acts

Bicycle Safety

When you ride…

- See and be seen
- Carry emergency tools, water, snack items
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists

Summer Safety

Unsafe Acts

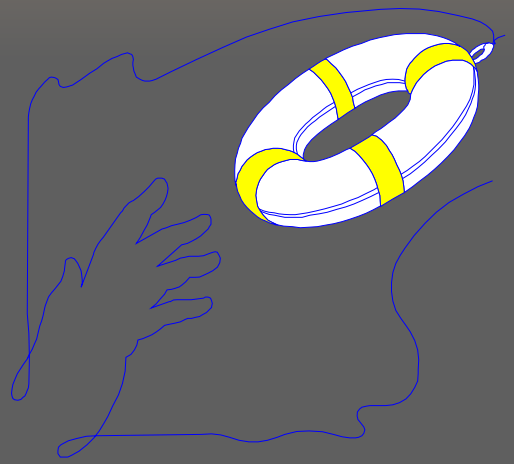
Jogging Safety

- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

Summer Safety

Unsafe Acts

Water Safety



Drownings……..

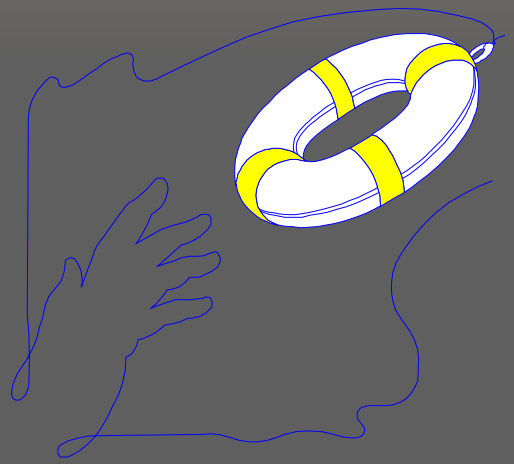
- Are a leading cause of Marine deaths
- Most often occur during off-duty recreational
  swimming in unauthorized swimming areas
  after dark
- Frequently related to alcohol use/abuse

Summer Safety

Unsafe Acts

Water Safety

Drownings.....



Narrative: A L/Cpl from Truck Co, HQBN, 3D MARDIV drowned while swimming at Maeda Flats, Okinawa, JA. A sea condition warning had been issued for the day, however, a group of 10 Marines decided to go swimming at Maeda Flats anyway. Initial report states that two Marines were caught in a whirlpool/undertow formed by a hole in the reef. These two Marines were pulled from the surf using a rope. SNM was then identified as missing. Emergency personnel were called and SNM was found floating face down in the surf approximately thirty minutes later. SNM was recovered from the surf and transported to Camp Lester Naval Hospital where he was pronounced dead at 060525Z MAR 04. Alcohol was not a factor in this incident. HQMC Casualty and PAO

Summer Safety

Unsafe Acts

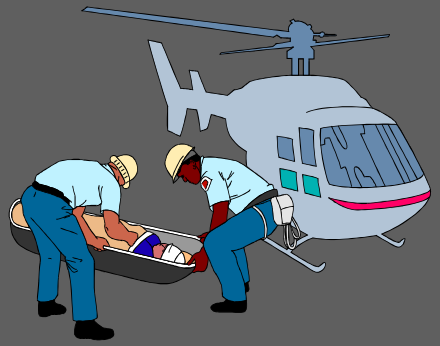
Water Safety

- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear PFD’s when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating,
  while chewing gum, or after drinking.

Summer Safety

Unsafe Acts

Watch out for the “Dangerous Too’s”



- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity

Summer Safety

Unsafe Acts

Water Safety

Most boating mishaps involve capsizing, falls overboard, and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT

Summer Safety

Unsafe Acts

BOATING LIMITS

- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

Summer Safety

Unsafe Acts

BOATING SAFETY TIPS

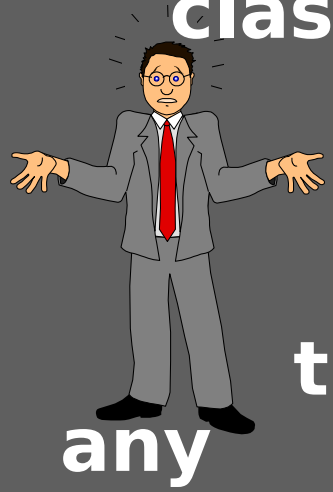
- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don’t overload
- Don’t loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance

Summer Safety

Unsafe Acts

JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.



<u>What does that mean?</u>

It means that they are subject to the same rules and regulations as any other power boat.

Summer Safety

Unsafe Acts

WATER SAFETY
RISK MANAGEMENT POINTER

DRINKING + WATER = TROUBLE

Summer Safety

Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

PERSONAL FLOATION DEVICE

IT WON'T WORK IF YOU DON'T WEAR IT

Summer Safety

Unsafe Acts

ANIMALS AND REPTILES

HAZARDS:

To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior.

Summer Safety

Unsafe Acts

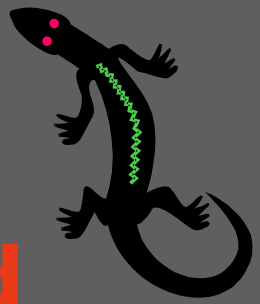
ANIMALS AND REPTILES

Poisonous snakes

Several types of dangerous snakes are indigenous to this area to include rattlesnakes, copperheads, water moccasins (cotton mouths), and coral snakes. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

Summer Safety

Unsafe Acts



INSECTS

Ticks, spiders, scorpions, and insects

Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- **Use insect repellent (follow directions)**
- **When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.**
- **Food and crumbs attract insects**
- **Avoid Mosquitoes (West Nile Virus!)**

Summer Safety

Unsafe Acts

ANIMALS, REPTILES AND INSECTS

IF YOU HAVE:

- **Unusual bites**
- **Ticks**
- **Multiple bites**

SEEK MEDICAL ATTENTION!!

BBQ

- Summertime chefs can reduce the chance of serious injury by adhering to simple safety precautions.
- Cooking On Charcoal Grills:
- *Place grill in well-ventilated area and away from children's play area.*
- *Wear tight fitting clothing.*
- *Stand up wind when lighting the fire.*
- *Do not use flammable liquids, such as gas, to start the fire or to relight the coals.*
- *Attend to the grill at all times.*
- *Before disposing of coals, make sure they are cold.*
- Cooking With Propane Grills:
- *Place grill in well-ventilated area and away from children's play area.*
- *Check valves and hoses for leaking gas.*
- *Read manufacturer's instructions when lighting grill.*
- *Raise hood before turning on gas.*
- *Transport and store gas cylinders in an upright position.*
- Ensure to cook your chow all the way! If you are not sure cook it longer! Better safe than sick???

LAWNMOWER SAFETY

- FOLLOW MANUFACTURER'S RECOMMENDATIONS
- WEAR PPE (SAFETY GOGGLES & SHOES)
- REMOVE OBJECTS BEFORE CUTTING
- PUSH; DO NOT PULL THE MOWER
- MOW LATERALLY ACROSS A SLOPE, NOT UP AND DOWN
- ON A RIDING MOWER, THE RULE IS JUST THE OPPOSITE

Home Maintenance/Repair

Follow the manufacturer's safety recommendations

Inspect power cords for cuts, frays and broken plugs

Secure tools when not in use

Use appropriate Personal Protective Equipment

- If using a ladder make sure it is placed and solid before going up on it. If you cannot get a solid placement use the

all-Proofing Your Home

- Use sturdy wooden tables with rounded corners, instead of glass.
- Keep electrical and telephone cords out of walkways.
- Secure all carpet with double-back tape and install slip-resistant finishes in bathtubs.
- Remove hazards. Harmless-looking items like a child’s crayon or a magazine on the floor can easily cause a fall.
- Install handrails on stairways and bathtubs and make sure they are securely attached to the wall.
- Clean up grease, water and other liquids immediately. Don’t wax floors.
- Keep your windows closed and locked when children are around. When opening windows for ventilation, open windows that children cannot reach. Also, set and enforce rules about keeping children's play away from windows and/or patio doors.
- Keep furniture – or anything children can climb – away from windows.
- Use appropriate ladders and step-stools to get out-of-reach items. Pay attention to warning labels on ladders.

Fall-Proofing Your Workpl

Keep your eyes and mind on the job at hand. Don't be caught daydreaming in slippery and dangerous work areas.

Use appropriate ladders and step-stools to get out-of-reach items. Pay attention to warning labels on ladders.

Install guardrail, safety net, or personal fall-arrest system in construction sites.

Repair carpet tears immediately.

Use safety cord covers to provide protection for power cords in high-traffic areas.

Stack boxes neatly and at an acceptable level.

Allow plenty of time to complete chores. This reduces the need to rush!

If working in a wet area, wear slip-resistant footwear and keep the footwear clean of mud and debris.

If working in a farm, keep farm machinery, grain bin and silo steps, and ladders free of mud build-up.

Prevent Fall Injuries Outdoors

- Supervise children in the playground and pay particular attention to tall equipment that provides an easy way up (or into) but not down (or out).
- Climbing can be hazardous. Some Sailors and Marines have been killed while rock climbing. Take training classes and climb with appropriate equipment and an experienced buddy.
- If participating in recreational parachuting, follow these simple steps:
- *Attend an approved United States Parachuting Association (USPA) course of instruction given by a certified USPA instructor.*
- *Learn to fly defensively - anticipate the actions of others.*
- *Watch out for slower traffic below and faster traffic above.*
- *Create a safer situation by landing in a different place than everyone else and/or at a different time and avoid radical landings.*
- *Know your emergency procedures.*

Severe Weather

- **Severe Weather Safety Tips**
- **Tornadoes**

- If a tornado was approaching, would you know what to do? Tornadoes are the most violent atmospheric phenomenon on the planet. Winds of 200-300 mph can occur with the most violent tornadoes. The following are instructions on what to do when a tornado warning has been issued for your area or whenever a tornado threatens.

  - In homes or small buildings, go to the basement (if available) or to an interior room on the lowest floor, such as a closet or bathroom. Wrap yourself in overcoats or blankets to protect yourself from flying debris.
  - In schools, hospitals, factories or shopping centers, go to interior rooms and halls on the lowest floor. Stay away from glass enclosed places or areas with wide-span roofs such as auditoriums and warehouses. Crouch down and cover your head.
  - In high rise buildings, go to interior small rooms or halls. Stay away from exterior walls or glassy areas.
  - In cars or mobile homes, abandon them immediately!! Most deaths occur in cars and mobile homes. If you are in either of those locations, leave them and go to a substantial structure or designated tornado shelter.
  - If no suitable structure is nearby, lie flat in the nearest ditch or depression and use your hands to cover your head.

Severe Weather

- **Lightning**

- Do you know what to do if you are caught in the open during a thunderstorm or you feel tingling or your hair standing on end? Lightning can strike up to several miles away from the thunderstorm.
- When inside:
  - Avoid using the telephone (except for emergencies) or other electrical appliances.
  - Do not take a bath or shower.
- If caught outdoors:
  - Go to a safe shelter immediately! such as inside a sturdy building. A pickup truck or hard top automobile with the windows up can also offer fair protection.
  - If you are boating or swimming, get out of the water immediately and move to a safe shelter away from the water!
  - If you are in a wooded area, seek shelter under a thick growth of relatively small trees.
  - If you feel your hair standing on end, squat with your head between your knees. Do not lie flat!
  - Avoid isolated trees or other tall objects, bodies of water, sheds, fences, convertible automobiles, tractors and motorcycles.

Severe Weather

- **Flash Floods**

- Flash Floods develop quickly.
- They can occur anywhere, along rivers or creeks, in low water crossings or in a dry stream bed.
- They can occur during any month and at any time during the day. In fact, flash floods often occur at night when it is difficult to find an escape route.
- Flash floods can be deceptive. Flood waters are likely deeper and moving faster than you think.
- When driving:
  - Avoid low water crossings.
  - Use alternate routes to avoid flood prone areas.
  - Leave your vehicle immediately if it stalls in flood waters.
  - Move to higher ground if you can do so safely.
  - Most cars and light trucks will begin to float in as little as 12to 2 feet of water.
- Act quickly.

- Rising waters make vehicle doors difficult if not impossible to open.
- If you are outside:
  Everyone, especially children, should stay away from flooded creeks, streams or drainage ditches.
  - Swiftly flowing water can quickly sweep away even the strongest swimmers.
  - Soggy banks can collapse, dumping you into flood waters.
-

Severe Weather

- **River Floods**
  Unlike flash floods, which are short-term events, river floods may last for several days or longer.
- River floods are the result of:
  - decaying hurricanes or remnants of tropical systems that may produce heavy rains, or
  - melting snow in combination with heavy rains, or
  - dam failures.
- If river flooding is imminent or occurring, the National Weather Service will issue a river flood warning.
- Before a river flood, review these guidelines for river flood preparation:
  - Know your flood risk and elevation above flood stage.
  - Keep your automobile fueled. Gas stations may not be able to operate gas pumps for several days after the flood event.
  - Store drinking water in clean bathtubs or in other containers. Water service may be interrupted for days.
  - Maintain a reserve of food that requires little if any cooking and no refrigeration.
  - Keep first aid supplies on hand.
  - Maintain a battery-powered NOAA Weather Radio or other radio.
  - Have emergency cooking equipment and flashlights.
  - Install check valves in sewer traps to prevent flood waters from backing into drains in your home. During a river flood, follow these safety tips:
  - If you come upon a flowing stream where the water is above your ankles, stop, turn around and go the other way.
  - Do not attempt to drive over flooded roadways.
  - Never allow children to play near high water, storm drains or viaducts.
  - Follow all evacuation orders.
- After the flood has ended, many dangers still remain. Remember these safety rules after river floods end:
  - Throw out fresh food that comes in contact with flood waters.
  - Boil all water before drinking it.
  - Test well water for purity before drinking.
  - Do not visit disaster areas, you may hinder emergency operations.
  - Dry and check electrical equipment before using it.
  - Use flashlights, not lanterns, torches or matches to examine buildings. Flammables may be inside.
  - Report downed utility lines to appropriate authorities

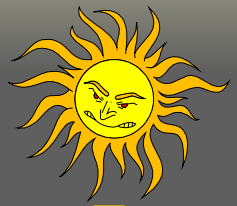
WELLNESS

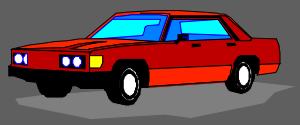
- Take care of yourself
- Eat right
- Drink right! Plenty of water, not a lot of alcohol!
- Exercise- Ensure you stretch before and after! Pace yourself.
- Get Plenty of Sleep!
- Healthy Marine, healthy family, health units, healthy Marine Corps!

Summer Safety

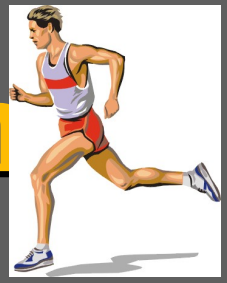
Unsafe Acts

Summary





- **Always apply the Risk Management Process both on and off duty!**



SUICIDE PREVENTION

- Be a first responder! AIDLIFE
- Ask. Do not be afraid to ask, “Are you thinking about hurting yourself?” or “Are you thinking about suicide?”
- Intervene immediately. Take action. Listen and let the person know he or she is not alone.
- Don’t keep it a secret.
- Locate help. Seek out the Officer on Duty, chaplain, physician, medic, corpsman, friend, family member, crisis hotline worker, or emergency room staff.
- Inform the Chain of Command of situation. The Chain of command can secure necessary assistance resources for the long term. Suicide risk does not get better with quick solutions. Effective problem-solving takes time, and the Chain of Command can monitor progress to help avert future difficulties.
- Find someone to stay with the person now. Don’t leave the person alone.
- Expedite. Get help now. An at-risk person needs immediate attention from professional caregivers.

SUICIDE PREVENTION

- Keep on the watch for someone giving their stuff away.
- Someone talking about ending it all, or life isn’t worth it.
- Watch for changes in a person. If the person was outgoing and now they do not want to talk to anyone you need to get involved.
- Talk to people that seem down and out. Get in their business. Maybe they are going through a divorce, or someone close to them just died. Whatever it could be ask questions.
- Once you have the feeling that they may commit suicide then stay with them until you have them in the safe hands of a caregiver.

SUICIDE PREVENTION

- If you are a person that has considered or is thinking of suicide
- Know that you are not alone! You are in the Marine Corps, we are all members of your family. Help will be given if it is needed or you request for it.
- If you want someone to talk to and do not want it to be military contact Suicide Prevention Hotline
- http://suicidehotlines.com/oklahoma.html
- **1-800-273-TALK**
- **1-800-273-8255**

SUMMER SAFETY!

Think Safe, Be Safe, Live safe!

- PMV Safety
- Motorcycle / ATV
- Heat Injuries
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety
- BBQ Safety
- Lawnmower Safety
- Home Maintenance Safety
- Fall Safety
- Severe Weather
- Wellness
- Suicide Prevention

Unsafe Acts